



FALL | 2025 PROGRAM SCHEDULE

Session Dates: August 25 - October 18



COMMUNITY CENTER OF LA CAÑADA FLINTRIDGE
4469 Chevy Chase Drive, La Cañada Flintridge, CA 91011
www.cclcf.org | (818) 790-4353

A place for all to meet, grow, learn, and thrive!

UPCOMING EVENTS



Thanksgiving Day Run & Food Drive

The Community Center of La Cañada Flintridge's Thanksgiving Day 5K Run/Walk and Kids' Mile will return on Thursday, November 27th at Olberz Park.

The professionally timed 5K race, now in its third decade, begins at 8:15 am at Olberz Park in La Cañada Flintridge. Cash prizes will be given to the top three finishers in the men's and women's categories and winners in each age category will receive handmade ceramic medals. The Kids' Mile is also timed and will begin at 9:30 am. The top three finishers for boys and girls will receive trophies. All Kids' Mile runners receive medals. Start a new family tradition!



EARLY BIRD SPECIAL THROUGH SEPT. 30th

ADULTS/TEENS: \$30
KIDS 12 & UNDER: \$15

Registration and information at cclcf.org/Run

Scan here



Holiday Ceramics Sale

- Sat. December 6, 10:00am - 4:00pm
- Sun. December 7, 10:00am - 4:00pm

Join us for the largest ceramics sale of the year. The Ceramics Sale will feature works from 70 local ceramic artists. Do your holiday shopping at CCLCF this year!

For more information visit: cclcf.org/events





LCF
COMMUNITY PREPAREDNESS DAY

JOIN US!

Annual Community Preparedness Day

Tuesday, September 16
6 p.m. at Olberz Park

Learn more:
LCF.ca.gov/Annual-Community-Preparedness-Day

Want to stay informed? Visit us at:
lcf.ca.gov/lcfintheknow/
Or sign up to receive email from the City:
lcf.ca.gov/SignUp/



LA CAÑADA FLINTRIDGE
Chamber Mission

We are the advocates for business, the watchdog for residents and in all things we are
"BIG ENOUGH TO SERVE YOU, SMALL ENOUGH TO CARE"

Strengthening the voice of business and community...

- We promote and encourage the establishment of a well-balanced, thriving and prosperous business community.
- We promote the community interests and well-being of the residents of La Cañada Flintridge.
- We provide educational opportunities designed to expand the knowledge of the local business community.
- We inform the business community of changes in state and local laws and regulations and conduct a proactive exchange of information, concerns and issues of interest to the business community, with government agencies.
- We foster and promote programs designed to improve the City of La Cañada Flintridge as a desirable community in which to live and do business.

Learn more about becoming a member by visiting:
lacanadaflintridge.com

MONTHLY EVENTS



BINGO & BRUNCH

Join us for our Bingo & Brunch event!! We would love to have you join us for a fun afternoon of BINGO!! We host Bingo from 11:00AM - 1:00PM with brunch, coffee, and tea provided throughout the event. Your CCLCF staff will be your Bingo callers and we are looking forward to another fun way to come together as a community! There will be various prizes for all winners to choose from, so come ready to PLAY for your chance to WIN! Please make sure you register so we know how many people to prepare food for.

AUG 22 | FRI | 11:00AM-1:00PM | 45+ | \$10
SEPT 19 | FRI | 11:00AM-1:00PM | 45+ | \$10
OCT 17 | FRI | 11:00AM-1:00PM | 45+ | \$10

SENIOR SPEAKER SERIES

Fall Prevention Informational Talk

Join Balance and Mobility Instructor Specialist Bobbi Koonse for a free informational talk. If you've noticed changes in your balance or mobility—or have experienced a pattern of falls—know that there is something you can do about it. Declining balance control does not get better on its own. Come learn about the Balance and Mobility exercise programs available in your community and take the first step toward staying steady and independent.

SEPT 2 | TUE | 11:30AM-12:30PM | 45+ | FREE

SENIOR SOCIALS

Come join us for a comfortable, supportive environment where people can socialize, network, and enjoy friendly activities together! The CCLCF staff will be hosting. This event is a way for individuals to meet and get to know each other with different topics of discussion and ice breaker games. Meets the first Thursday of every other month.

SEPT 4 | THU | 11:00AM-12:00PM | 45+ | \$5
NOV 6 | THU | 11:00AM-12:00PM | 45+ | \$5

R.O.M.E.O. CLUB

Retired Old Men Eating Out

The ROMEO CLUB is a lightly structured association of retired men that meet to have food and fun with like-minded friends (and new friends). Meets the third Wednesday of each month.

AUG 20 | THU | 11:00AM-1:00PM | 45+ | FREE
SEPT 17 | THU | 11:00AM-1:00PM | 45+ | FREE
OCT 15 | THU | 11:00AM-1:00PM | 45+ | FREE

2025 BOOK CLUB

Join our monthly Book Club to discover new books and enjoy lively, literary conversations.

THU | 1:00-2:00PM | 45+ | \$40 per year
Remaining 2025 Meetings: Aug 28, Sept 25, and Oct. 23



If you have any questions or trouble registering online, please give us a call at (818) 790-4353 or visit us in the office, M-F 8:30am-5:00pm.

Seniors and Older Adults

YOUTH & TEEN PROGRAMS

CERAMICS

Junior & Pre-Teen Ceramics

Instructor: Ella Tamny

Students will learn how to work with clay, beginning with basic skills such as pinching and modeling. Skills will progress to slab building, coiling, impression making, sgraffito, and more while practicing critical thinking, problem solving, and artistic development.

JUNIOR CERAMICS:

MON | 3:30-4:30PM | AGE: 5-8 | \$154

TUE | 3:30-4:30PM | AGE: 5-8 | \$176

WED | 3:30-4:30PM | AGE: 5-8 | \$176

PRE-TEEN CERAMICS:

MON | 5:30-6:45PM | AGE: 9-13 | \$161

FRI | 5:30-4:45PM | AGE: 9-13 | \$184

Teen Ceramics

Instructor: Ella Tamny

A step up from Pre-Teen Ceramics! Teen's Ceramics is beginner friendly and has an emphasis on creative independence so artists can learn how to flex their creative muscles, but projects may be given depending on skill level or interest. Class is now 3 hours!

SAT | 6:00-9:00PM | AGE: 13-17 | \$220

GLASS ARTS

Teen Class: Glass Fusing



Instructor: Ethan Stern

In this introduction to glass fusing, teens will be designing their own glass tiles using colorful sheet glass, powdered glass, and more. Their creations will be fused into a finished glass tile suitable for display, coasters, or hanging as a piece of original artwork.

4 WEEK CLASS (SEPT 15 - OCT 6)

MON | 3:30-5:00PM | AGE: 13-17 | \$180

Junior Glass Workshop: Glass Suncatchers



Instructor: Ethan Stern

Students will create their own colorful glass suncatchers using smooth, pre-melted pieces of glass in a fun, mosaic-style design. These vibrant mosaics will be kiln-fired and melted together into a beautiful, unified piece of glass art—perfect to hang in a sunny window. This hands-on workshop introduces young artists to the basics of glass in a safe and engaging environment.

1 DAY WORKSHOP (SEPT 20)

SUN | SEPT 20 | 10:00-11:30AM | AGE: 8-12 | \$40

Teen Glass Workshop: Flameworking - Glass Beads & More

Instructor: Ethan Stern

In this introduction to making glass beads and marbles, teens learn the basic skills of melting rods of glass, applying it to a mandrel, and shaping it with heat, gravity, and hand tools. Learn decorative techniques, such as dots and trails to create beautiful glass you'll want to wear or share.

1 DAY WORKSHOP (AUG 31)

SUN | AUG 31 | 2:00-5:00PM | AGE: 13-17 | \$85



SPECIAL INTEREST

RADICAL COOKS: Pots, Pans & Passports - International Cooking

Instructor: Nina Zippay

Students learn to make different dishes from different countries. In addition to bringing a broader global awareness to our students, thereby boosting cultural intelligence, Pots Pans and Passports enhances the following skill sets:

- Math: counting, weighing, and measuring
- Language Arts: Sequencing and following directions
- Teamwork and Collaboration: Students develop social skills by working together and communicating in groups, communicating with peers and asking relevant questions.

FRI | 4:00-5:00PM | AGE: 6-12 | \$245

WRITING: Poetry Slam!



Instructor: Aimee Hopkins

Poetry Slam! Spoken word and poetry workshop for kids! Poetry holds the transformative ability of story telling as a pathway to healing and liberation. Poetry is a universal language and connector that nurtures the power of our individual and collective voices.

WED | 3:30-4:30PM | AGE: 8-17 | \$224



MUN: Model United Nations

Join us for our 3rd annual MUN program!

Get ready for your high school's MUN program! Learn about the inner workings of the United Nations and increase global awareness in this Model UN program designed for middle schoolers to collaborate on projects in a supportive environment!

Registration fee includes the following conferences:

- Laguna Beach Invitational (MAR 2026)
- Second Conference TBD (FEB 2026 OR APR 2026)

August 19, 2025 - May 19, 2026

1st & 3rd Tuesday of each month

TUE | 4:00-5:30PM | AGE: 11-14

\$275 early bird | \$400 after Sept 19



SCIENCE: The Beauty of Science

Instructor: Aimee Hopkins

What is a naturalist, and what is an artist? What does it mean to engage with nature as BOTH? How do we care for nature by paying attention to it? Come get to know your own natural neighborhood and find out! This interactive course blending science and art will give you a primer on the hills, mountains, streams, plants, and wildlife that make up the city we call home. No prior knowledge necessary - come prepared to learn a little about the geology, ecology, water systems, wildlife, and plant species that make up Southern California's unique ecosystem. More than that, you'll learn what it means to observe nature closely, and how to translate those observations into artistic expression! Every week, we'll link an area of Los Angeles natural science to an art project - drawing, poetry, collage, music, poetry, plant rubbing. Throughout the course, students will also learn the practice and value of keeping a nature journal.

WED | 3:15-5:15PM | AGE: 8-17 | \$200



Crayola: World of Design

Instructor: Lynne Lee

Take a journey to the farthest reaches of the imagination while learning about the ocean, the rainforest, Mars, a futuristic city, and more! Use the design thinking process to solve real-world problems in these different environments. Experiment with Crayola® products and art techniques like sculpting, storyboarding, collage, and mixed media. Discover design careers like graphic design, universal design, urban design, and product design.

TUE | 3:30-4:30PM | AGE: 5-12 | \$200

Visit us online to:

- View our online catalog
- Register for classes
- Register for events
- Explore facility rentals



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cclcf.com

818-790-4353

YOUTH & TEEN PROGRAMS

SPORTS & FITNESS

ASSIST ATHLETICS

Instructor: Coach Andy

Baseball Blitz

Introduce your child to the thrill of America's pastime! Assist Athletics' Baseball Blitz program goes beyond the basics, delving into the strategic heart of the game for boys and girls aged 5-7. Our dynamic approach combines fundamental skills like throwing, catching, base-running, and hitting with an innovative focus on situational awareness.

MON | 3:30-4:45PM | AGE: 5-7 | \$210

Basketball Blitz

Students learn or build on their existing skills in the fundamentals of passing, shooting, and rebounding in both offensive and defensive play through drills set in a non-competitive environment. At the end of each class players will scrimmage using their newly-acquired skills.

Basketball Blitz (Level 1)

TUE | 5:00-6:15PM | AGE: 5-6 | \$245

THU | 5:00-6:15PM | AGE: 5-6 | \$245

Basketball Blitz (Level 2)

MON | 5:00-6:15PM | AGE: 7-8 | \$210

FRI | 5:00-6:15PM | AGE: 7-8 | \$210

Dodgeball Blitz

Kids will master dodging, throwing, and strategic movement, all while building confidence and having a blast. Join us for a dodgeball adventure that combines fun, fitness, and essential athletic skills.

FRI | 3:30-4:45PM | AGE: 5-10 | \$210

Flag Football Blitz

Flag Football program for boys and girls, ages five to ten provides a safe, fun, and exciting environment for players of all skill levels to learn the game. Our program provides kids an opportunity to engage in skill development, football techniques, and non-contact continuous action!

WED | 3:30-4:45PM | AGE: 5-10 | \$245

Mini Sports Blitz

Is your little one ready to start learning the basics of team sports? In this action packed class, children will learn the fundamentals of soccer, t-ball, and more through no pressure games and mini scrimmages in a fun-filled learning environment, while parents encourage from the side.

MON | 2:30-3:15PM | AGE: 4 | \$150

TUE | 2:30-3:15PM | AGE: 4 | \$175

Soccer Blitz

Participants will hone their skills in an environment that emphasizes fun and fundamentals! Your child will learn the basics of soccer through drills and practice games in a positive learning environment.

TUE | 3:30-4:45PM | AGE: 5-8 | \$245



SKYHAWKS SPORTS

Instructor: Skyhawk Sports Coaches

Cheerleading

This fun-filled class teaches a variety of cheers, hand and body movements, and jumping techniques, all stunt-free. Participants will also learn valuable teamwork and leadership skills. The class ends with a performance where each participant shines. Become a cheer champion with Skyhawks!

FRI | 3:30-4:10PM | AGE: 4-7 | \$199

FRI | 4:20-5:00PM | AGE: 8-11 | \$199



Field Hockey

Join Skyhawks for an exciting introduction to Field Hockey, a sport with a global appeal! Developed with USE Field Hockey, this class teaches basics like stick-handling and passing in a game-based environment. Perfect for young athletes looking for a fast-paced sport that focuses on teamwork. Come discover Field Hockey!

WED | 3:30-4:10PM | AGE: 6-9 | \$225

WED | 4:20-5:00PM | AGE: 10-14 | \$225



Lacrosse

Charge into a thrilling experience with Skyhawks Lacrosse! This class teaches young athletes essential lacrosse skills like stick-handling and shooting in a supportive, non-contact setting. All equipment provided (although personal sticks are welcome). Lacrosse classes foster a sense of teamwork while participating in a fun and fast-paced sport.

TUE | 3:30-4:10PM | AGE: 6-9 | \$225

TUE | 4:20-5:00PM | AGE: 10-14 | \$225



Pickleball

Get in the game with Skyhawks Pickleball, gateway to the fastest-growing paddle sport! This class develops and sharpens pickleball skills like groundstrokes, volleys, and serves in a fun environment while focusing on teamwork, sportsmanship, and respect.

MON | 3:15-3:55PM | AGE: 5-8 | \$199

MON | 4:05-4:45PM | AGE: 9-12 | \$199



Track & Field

Dash, jump and throw with Skyhawks Track & Field! This class teaches young athletes track and field essentials, from body positioning and stride to stretching and cool-downs. Participants try events like javelin, discus, and hurdles (events vary by location). Each session builds skills, discipline, and sportsmanship. Get on track with Skyhawks for athletic and personal growth!

MON | 3:30-4:10PM | AGE: 5-8 | \$199

MON | 4:20-5:00PM | AGE: 9-14 | \$199



Volleyball

Dig deep with Skyhawks Volleyball! This class combines the thrill of volleyball with fun while focusing on passing, setting, spiking, hitting, and serving. Beyond skills, volleyball classes emphasize leadership and teamwork, fostering growth as players and team members.

THU | 3:30-4:10PM | AGE: 6-9 | \$199

THU | 4:20-5:00PM | AGE: 10-14 | \$199



TENNIS WITH COACH JOE

Instructor: Coach Joe Steckermier

Students learn to properly hold a tennis racquet, forehand and backhand swing techniques, and rules of the game through instruction, drills, and practice matches on the courts.

A • WED | 3:15-4:15PM | AGE: 6-10 | \$176

B • WED | 4:15-5:15PM | AGE: 6-10 | \$176

C • FRI | 3:15-4:00PM | AGE: 4-6 | \$160

D • FRI | 4:00-5:00PM | AGE: 6-10 | \$176

FIT FUN TENNIS (FFT)

Instructor: Fit Fun Tennis Coaches

Students will be taught tennis specific movements while learning the forehand, backhand and volleys with an intro to tracking the ball, rallying, serving and game play.

Jr. Development I Beginner:

WED | 4:00-5:00PM | AGE: 11-13 | \$200

Jr. Development I Beginner:

WED | 5:00-6:00PM | AGE: 14-17 | \$200

Jr. Development II Intermediate

FRI | 4:00-5:00PM | AGE: 11-13 | \$200

Jr. Development II Intermediate

FRI | 4:00-5:00PM | AGE: 14-17 | \$200

FFT ELITE

Instructor: Fit Fun Tennis Coaches

This 1.5 hour training camp style class is for players ages 11-17 who are higher intermediate to advanced in level. Class emphasis is on fundamentals, work ethic and overall ball control. With access to 4 courts, students will engage in tennis specific conditioning, dynamic drilling, live ball drills and match play.

FFT Elite Youth:

FRI | 5:00-6:30PM | AGE: 11-13 | \$300

FFT Elite Teen:

FRI | 5:00-6:30PM | AGE: 14-17 | \$300

LA JUMP

Jump Rope & Double Dutch

Instructor: Michael Fry



Have fun. Jump rope. Learn the ropes from 4-time world champion, Mike Fry. Single rope. Double Dutch. Group jumping.

WED | 3:00-4:00PM | AGE: 5-12 | \$200

*Fall I Registration
is OPEN NOW!*

*Fall II Registration opens
Sept. 23rd at 9:00am*



*scan here to
register*

cclcf.com

818-790-4353

ADULT & SENIOR PROGRAMS

CERAMICS

Intro to Ceramics

Instructors: Loren Barker & Gerald Martinez

An environment for students who want to learn how to create their own ceramic pieces. The class is structured to work with those who are new to ceramics or would like to review basic techniques.

MON | 1:30-5:30PM | 18+ | \$280

Intermediate Handbuilding

Instructor: Loren Barker

Project-based, 8-week class designed to improve and evolve hand-building skills, techniques, creativity and problem-solving in clay. Students create 3 main projects with intermediate coil, slab, and pinch construction skills. Participants learn surface decoration techniques such as sgraffito, sculptural elements, and custom texture tool making.

THU | 1:30-5:30PM | 18+ | \$280

Intermediate Wheelthrowing

Instructor: Gerald Martinez

A curriculum-based class with weekly projects designed to build off of our Intro class. All students looking to improve on their technical ability on the pottery wheel are welcome to join.

MON | 6:00-10:00PM | 18+ | \$280

SAT | 1:30-5:30PM | 18+ | \$280



Visit us online to:

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- Register for classes
- Register for events
- Explore facility rentals



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GLASS ARTS

4 WEEK CLASSES



Intro to Glass Flameworking: Glass Beads & More

Instructor: Ethan Stern

Learn glass flameworking on benchtop torches to create your own glass beads, pendants and other objects! This class is beginner friendly.

(A) MON | 8/18-9/15 | 6-9PM | 18+ | \$250

(B) MON | 9/22-10/13 | 6-9PM | 18+ | \$250

1 DAY WORKSHOPS



Intro to Fused & Slumped Glass

Instructor: Ethan Stern

Create your own colorful, custom fused glass artwork! In this introduction to glass fusing, students will design their own glass tiles using colorful sheet glass, powdered glass, and more. Their creations will be fused into a finished glass tile with the option to slump it into a mold to create a bowl or tray!

(A) SUN | SEPT 14 | 2-5PM | 18+ | \$85

(B) SUN | SEPT 21 | 2-5PM | 18+ | \$85

(C) SUN | OCT 5 | 2-5PM | 18+ | \$85

Intro to Glass Flameworking: Glass Beads & More



Instructor: Ethan Stern

Learn glass flameworking on benchtop torches to create your own glass beads, pendants and other objects! This class is beginner friendly.

SUN | OCT 19 | 2-5PM | 18+ | \$85



SPECIAL INTEREST

Beginner & Intermediate Chess: A Comedy of Errors

Instructor: Clint Cooper

Can chess be educational and funny at the same time? Of course it can. In this course, we will study the outrageous misfortune of chessmasters who made mind numbing mistakes during real chess games, in hopes of learning from them! All levels are welcome, from beginner to advanced.

SAT | 10:00-11:00AM | 18+ | \$80



Gardening Club



The Community Center of La Cañada Flintridge and the historic Lanterman House are partnering to start a Gardening Club. With guidance from Lanterman House volunteer gardeners, club members will be able to explore their passion for gardening on the grounds of the Lanterman House, which includes a Native Plant Garden that showcases the types of plants the Lanterman family found when they first arrived in the area in the 1870s. These plants are important parts of the valley's ecosystem and have been used by the native inhabitants for thousands of years. The Lanterman Garden was first established in 2019 in order to demonstrate the benefits and beauty of native flora to the local community. Gardening Club members will be sent a link to sign up for shifts, with shifts of 4-6 members each week.

THU | 9:00-11:00AM | 18+ | FREE



Write Your Own Novel: A One Day Workshop



Instructor: April Davila

The one-day workshop is designed to help writers overcome creative blocks, reconnect with their story, and build real momentum on their novel. Whether they're just starting out or stalled halfway through, attendees will leave with tangible tools to keep writing - with more confidence, clarity, and energy.

SAT | SEPT 6 | 11:00AM-3:00PM | 18+ | \$65

ADULT & SENIOR PROGRAMS

SPORTS & FITNESS

FITNESS

Balance Fit

Instructor: Bobbi Koonse

BalanceFit is a multi sensory exercise program that can help improve and maintain reliable functional balance in older adults. This program includes exercises designed to strengthen and lengthen those muscles that are responsible for healthy balance. Regular participation can decrease the risks of falling, increase your confidence, help maintain an independent lifestyle, and improve your vitality and quality of life. The class is partially chair based, safe, and most importantly, fun!

MON | 10:00-11:00AM | 45+ | \$48

THU | 2:30-3:30PM | 45+ | \$40



Tai Chi

Instructor: Bobbi Koonse

A one-hour full-body exercise class for all levels, including mobility, strength, cardio and lifestyle.

MON | 11:15AM-12:15PM | 45+ | \$48

WED | 8:30-9:30AM | 45+ | \$48

Zumba Gold

Instructor: Kamila Kurowska



A fun, low-impact dance fitness class perfect for beginners, active older adults, pregnant women (with doctor's approval), and postpartum moms. Easy-to-follow moves help improve balance, flexibility, circulation, and mood — all set to uplifting Latin and world music. The joyful group energy helps reduce stress and boost mental well-being. No dance experience needed — just come to move and smile!

SAT | 10:00-11:00AM | 18+ | \$120

Chair Yoga

Instructor: Sasha Tseng



No mat needed—you'll be doing yoga while standing or sitting in a chair. Each class includes a small self-care practice you can take home and try in your everyday life. After 8 weeks, you'll feel more balanced, relaxed, and ready to care for yourself in meaningful ways.

THU | 4:00-5:00PM | 18+ | \$120



DANCE

Ballroom Line Dancing

Instructor: Tony Plasil

Ballroom Line Dancing is line dancing with a twist. Students will learn the basic steps of many ballroom dances (e.g. Foxtrot, Cha Cha, etc.) in a line dance format. Students will also learn the most popular line dances such as "New York New York", "Mambo 5", "Electric Slide", and others. No partner required.

THU | 11:00AM-12:00PM | 18+ | \$68

THU | 5:30-6:30PM | 18+ | \$68

Ballroom Dancing

Instructor: Tony Plasil

Students will learn the basic patterns and character of the most popular ballroom dances, as well as how to recognize the music. They will learn the basics of leading and following and develop timing and rhythm. At the end of this series of classes, students should feel comfortable dancing through an entire song at parties and weddings.

THU | 6:30-7:30PM | 18+ | \$68

Beginning Belly Dancing

Instructor: Leela Martin

Learn the enchanting art of Belly Dancing with Leela, international performer and Master Teacher for 25 years. Come have fun while improving your fitness! Belly Dance teaches grace, strength, balance, and coordination through hip movements and muscle isolations.

WED | 6:00-7:00PM | 18+ | \$160

Encore! Adult Ballet Beauties

Instructor: Aimee Hopkins



Encore Ballet Beauties for the Mature Dancer! Did you dance as a kiddo and want to be re-inspired and return to it now just for fun and exercise? Stretch, strengthen, and work on balance and flexibility with us while you fine-tune your basic ballet skills in this fun, interactive and engaging ballet class for adults of all ages 18 to 94, and all abilities beginner to intermediate!

TUE | 5:30-6:30PM | 18+ | \$224



Tuesday Tap

Instructor: Aimee Hopkins

Come tap into joy! Tap with us on Tuesday nights, beginners, intermediates and all tappers welcome! We will explore fun routines/warmups, across the floor, 1-3 simple routines, and a cool-down.

TUE | 6:30-7:30PM | 18+ | \$224

PICKLEBALL

Pickleball: Beginner

Instructor: Kathy Weninger

Learn how to do the fundamentals of Pickleball, rules to follow, and some of the basic skills.

OCT 1-22 | WED | 2:00-3:00PM | 18+ | \$60

OCT 1-22 | WED | 3:00-4:00PM | 18+ | \$60

Pickleball: Intermediate

Instructor: Kathy Weninger

Learn how to utilize the fundamentals of Pickleball that you've learned in our beginner class and use those skills to improve your game. There will be mini games to practice advanced skills and test them out in a controlled setting.

OCT 6-27 | WED | 2:00-3:00PM | 18+ | \$120

OCT 6-27 | WED | 3:00-4:00PM | 18+ | \$120



Sign up for our
Newsletter for
monthly updates



scan here

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818-790-4353



4469 Chevy Chase Drive
La Canada Flintridge, CA 91011
(818) 790-4353
www.cclcf.org

UPCOMING VOLUNTEER OPPORTUNITIES



Learn more about all of our
volunteer opportunities by visiting:

cclcf.volunteerlocal.com

or you can scan here:

volunteer
local



Stay in the know by registering for
Volunteer Local. It's a simple
volunteer platform where you'll be
able to easily view and manage all
CCLCF volunteer opportunities.

Archivist of Historical Materials:

We are looking for some special volunteers to help us
archive our precious historical documents collected over
the past 75 years!

WED or FRI | SEPT 10-NOV 14 | 10AM-12PM or 12PM-2PM | 18+

Community Cares: Kindness Rocks

Decorate Kindness Rocks to spread joy, positivity, and love
throughout our community! No artistic abilities required.
All materials provided.

SAT | SEPT 13 | 11:00AM-12:00PM | ALL AGES

Thanksgiving Day Run and Food Drive:

Volunteer signups start in early October. Opportunities
include: hang posters, decorate food drive bins, assemble
medals, distribute t-shirts at pre-registration, assist with
pre-registration, set up/clean up, will-call tables on race-
day, water station, food-drive collection table, finish line
cheer squad, and/or distribute kids medals at finish line.

THU | NOV 24, 25 and 27 | TIMES VARY

Community Cares: Cancer Patient Care Kits

Together, we'll be packing 100 wellness boxes filled with
love, care, and holiday cheer for women undergoing
chemotherapy.

TUE | DEC 2 | 3:00 PM - 4:00 PM | ALL AGES

Holiday Ceramics Sale:

Help us make our Ceramic Sale a success! You do not
need to be a selling artist to volunteer for the event. We
need Flyer Distribution, Floaters/Greeters, Wrappers, and
Teardown help. Two-hour shifts available each day: 10am-
12pm, 12pm-2pm, 2pm-4pm and 4pm-6 pm.

SAT & SUN | DEC 6 & 7 | TIMES VARY | 18+



This catalog mailing is made possible by a grant from the City of La Cañada Flintridge.